

POSNA Health Alert Regarding Infant Swaddling

The Pediatric Orthopedic Society of North America supports the efforts of the International Hip Dysplasia Institute to educate caregivers and parents regarding the potential risks to hip development with certain swaddling techniques.

Infant swaddling is a technique used to promote comfort and quiet of infants. POSNA cautions parents and caregivers that numerous studies in the medical literature have identified an increased incidence of Developmental Dysplasia of the Hip in infants swaddled with their hips in an extended and adducted position.

If infant swaddling is used, POSNA suggests techniques and devices which place an infant's hips in a flexed and abducted position.

POSNA advises against forced or sustained swaddling with the hips in extension and adduction in the first months of life.

POSNA supports the International Hip Dysplasia Institute's efforts to increase awareness about this issue and to educate families about healthy hip practices. Additional information and background regarding the issue can be found at the web site of the of the International Hip Dysplasia Institute @ <http://www.hipdysplasia.org> and American Academy of Orthopedic Surgery @ <http://orthoinfo.aaos.org/topic.cfm?topic=A00347>

References:

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